



CREATIVE STEPS



COMMUNITY CLASS PROGRAMME

JANUARY - MARCH 2022



plantation
productions
connect • co-create



Welcome!

What is the Creative Steps Programme?

We use creative participation to promote positive mental health and wellbeing.

We run groups at health locations throughout the south of Glasgow, as well as a programme of creative peer support classes from our base at Gallery 966 in Govan.

This booklet sets out our wider participation programme, including community classes and courses. These sessions are open to people already attending our services and also members of the public and our wider community.

For more information about our standard programme, including our weekly creative peer support groups at Gallery 966, please get in touch or take a look at our website.

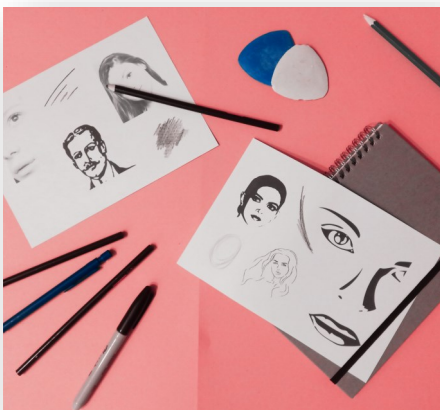


Who are these groups for?

These groups are open to all individuals living within the Glasgow area. Classes are aimed at individuals looking to improve their wellbeing and connect with others.

All of these classes are free. You will be provided with all of the materials that you need for the session and you can take away what you make at the end.

We are thankful to our funders, including NHSGGC and Glasgow City Council, for enabling us to provide our services to our local community.



How do I take part?

See the next page for all details on how to sign up, as well as current safety guidance.

Class places fill up quickly, so please sign up in advance. For some classes, a waiting list may be in place.

If you sign up and are no longer able to attend, please let us know as soon as possible so that we can offer the space to someone on the class waiting list.

How To Sign Up

1. Choose Your Classes

Have a look through this booklet and decide which classes you are interested in.

2. Sign Up



Contact Amy at Creative Steps to sign up:

Email: creativesteps@plantation.org.uk

Phone: 0141 387 2596

3. Attending Your Group

Guidance for Indoor Classes

All of our groups last for 2 hours. There will be a comfort break half way through.

We can provide refreshments during the break, however we please ask that you replace your face mask when not drinking.

Doors will open 5 minutes before the class start time, so please do not arrive too early.

You will be provided with a work space, crafting equipment and your own pack of materials. At the end of the class, you can take the bag away containing your completed craft project.

Safety guidance is in place. Please see the section on the next page which details the safety measures for indoor classes.



4. Get Creative and Have Fun!

Class Guidance and Safety Information

We want to ensure that we keep you as safe as we can when you attend our creative groups. Below you will find the details of the safety measures that we have in place.

This information is correct at the time of printing. If there are any changes to this guidance, we will keep you updated.

Specific guidance for outdoor sessions can be found on Page 10.

Please do not attend any of our groups if you have symptoms of Covid-19, if you are waiting on PCR test results or if you have been asked to self-isolate.

For Indoor Classes

Please wear a face mask at all times when in the building, unless you are exempt.

Please maintain a 1m distance from others.

Hand sanitiser and hand washing facilities are provided.

A one way system is in place at Gallery 966. Please follow the signs on the doors and instructions from staff.

We will take contact tracing details from you when you attend for a session.

What will we do?

We will limit group sessions to a maximum of 8 people per class.

We have a full cleaning routine in place, including cleaning all work spaces and commonly touched items like door handles after every use.

Air purifiers will be switched on throughout the duration of the class and doors will be left open after each session to enable air circulation.

If you have any questions about this guidance, please get in touch.

Further Information

If you would like any further information about the classes, signing up, or the safety guidance, please get in touch for a chat.

We will be happy to answer any questions that you may have.

0141 387 2596 / creativesteps@plantation.org.uk

Community Craft Workshops



Join us to craft, chat and enjoy a bit of cake!

These coffee morning style sessions will introduce you to a range of creative activities, suitable for all skill levels.

Classes are free and all materials are provided.

You can sign up to as many classes as you wish, though there may be a waiting list for some.

These sessions are a great place to chat with others and improve wellbeing, as we make something amazing and learn new skills.

These classes are funded by the **NHSGGC Healthy Minds Network Mental Health Anti-Stigma Fund**.

You are welcome to display any of the items that you make during these sessions at our community exhibition event on the 25th March (see Page 16 for more information).

Join us to try out something new, gain skills and to meet new people!

HAND SEWING: FELT HEARTS



THURSDAY 20TH JANUARY

10:00 - 12:00

TUTOR: MORAG

Sew yourself a lovely heart decoration in this workshop, trying out different stitch methods.

To decorate your heart, there will be a range of different crafting items available for you to choose from.

DOUGHNUT DECORATION



THURSDAY 27TH JANUARY

10:00 - 12:00

TUTOR: MORAG

Create a bright and fun doughnut - perfect as either a little decoration or to use as a pin cushion for your future hand sewing projects.

Try various stitches and sew on little beads to add a lovely colourful effect.

Community Craft Workshops

SLATE DECORATING



THURSDAY 3RD FEBRUARY

10:00 - 12:00

TUTOR: FIONA

Using acrylic markers, we will take inspiration from traditional folk art images to decorate slates.

If you like bright and colourful decorations for your home, give this a try!



LIGHTHOUSE COLLAGE



THURSDAY 17TH FEBRUARY

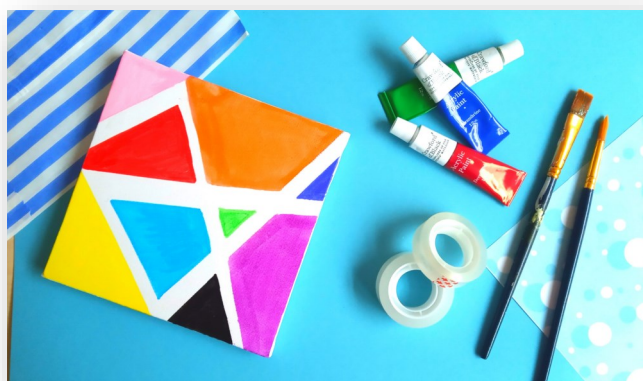
10:00 - 12:00

TUTOR: FIONA

We will each make a lovely lighthouse image using a tissue paper collage method.

By building up layers of different colours, we can create amazing results.

COLOURFUL TAPE CANVAS



THURSDAY 24TH FEBRUARY

10:00 - 12:00

TUTOR: MARION

Join us to try tape and paint techniques in this fun workshop.

These bright canvases are sure to brighten up your wall or would make a lovely gift!

FABRIC PRINTING



THURSDAY 3RD MARCH

10:00 - 12:00

TUTOR: MARION

We will try various fabric printing techniques in this workshop, including block and monoprinting.

During the session, you will decorate items such as tea towels and tote bags.

CHARCOAL / CHALK PORTRAITS



THURSDAY 10TH MARCH

10:00 - 12:00

TUTOR: MARION

With a few basic steps and chalk strokes we can create unique and impressive portraits.

The soft and simple material of pastel or charcoal allows easy shade techniques without getting lost in too much detail.

INK DRAWING



THURSDAY 17TH MARCH

10:00 - 12:00

TUTOR: MARION

All you need for this relaxing technique is a brush, paper and some ink.

Draw nature themes or choose your own positive and motivating Japanese Kanji characters to draw in this beautiful and minimalist art form.

RELAXATION: CANDLES AND SOAP



THURSDAY 24TH MARCH

10:00 - 12:00

TUTOR: MARION

Make yourself a collection of relaxing items in this calming workshop.

We will create a variety of different relaxation themed items, including candles, soap and scent sachets.

Walking and Outdoor Art Sessions

Be creative with nature in this series of outdoor based workshops.

Over 8 weeks, we will combine walking and outdoor creative activities to gain inspiration and to boost our physical and mental wellbeing.

Each week we will try a different activity, led by an experienced tutor.

You can choose to either sign up to the full 8 week course, or select a few different classes based on your interests.

All creative materials needed for the sessions will be provided. Just bring yourself, suitably dressed for the Scottish weather!

Locations and meeting points will be sent out to you in advance.

We hope to exhibit some of the items made within these sessions during our community exhibition event on the 25th March. See Page 16 for details.

These classes are funded by the **NHSGGC Healthy Minds Network Mental Health Anti-Stigma Fund.**



Outdoor Class Guidance

- Please wear suitable clothing and footwear.
- Please let us know if you are unable to attend the session so that we do not wait for you.
- You may wish to bring your own safety items, such as a face mask and hand sanitiser.
- Please follow the instructions of the tutor throughout the session.
- If you feel unwell or that you need to take a break, please let the tutor know.
- Be considerate of others who are also using the space.
- Even though we are outdoors, try to maintain a safe distance from others.
- If weather conditions restrict the walk, we will try to arrange alternative indoor nature based activity, or cancel the session if required.

RIVERSIDE ART: THE TALL SHIP



FRIDAY 28TH JANUARY

10:00 - 12:00

Our walk in Govan will take us to the Clyde - where, inspired by the Tall Ship, we will create artwork from the river path.

We will use different artistic methods - from paint to charcoal.

NATURE WALL HANGING



FRIDAY 4TH FEBRUARY

10:00 - 12:00

We will collect a range of natural materials as we walk, to use in a nature inspired wall hanging. These will differ from person to person depending on what we find.

The hanging can be used as a lovely home decoration.

LAND CANVAS ART PIECE



FRIDAY 11TH FEBRUARY

10:00 - 12:00

We will use the land itself as our canvas to create wonderful creative pieces.

When assembled, we can use drawing and photography techniques to capture what we have made.

PLANT STENCIL PAINTING



FRIDAY 18TH FEBRUARY

10:00 - 12:00

Using a spray painting method, we will create art pieces by collecting natural items like plants and leaves and using them as our stencils.

This fun workshop gives wonderful results.

Walking and Outdoor Art Sessions

BIRD WATCHING AND FEEDER



FRIDAY 25TH FEBRUARY

10:00 - 12:00

Combine walking with bird watching as we explore our nearby outdoor environments to see what we can spot.

Within the workshop, we will spend time making our own bird feeders.

NATURE CRAFT WITH CLAY



FRIDAY 4TH MARCH

10:00 - 12:00

Be inspired by the nature we view when walking to create 3D sculptures using materials such as clay.

We can use what we make in the sessions as little decorations for our homes.

THEMED PHOTOGRAPHY WALK



FRIDAY 11TH MARCH

10:00 - 12:00

View the change of seasons within our lovely city of Glasgow with a themed photography walking group.

Capture images as we walk, which can then be used for further creative inspiration!

SPRING BASKETS



FRIDAY 18TH MARCH

10:00 - 12:00

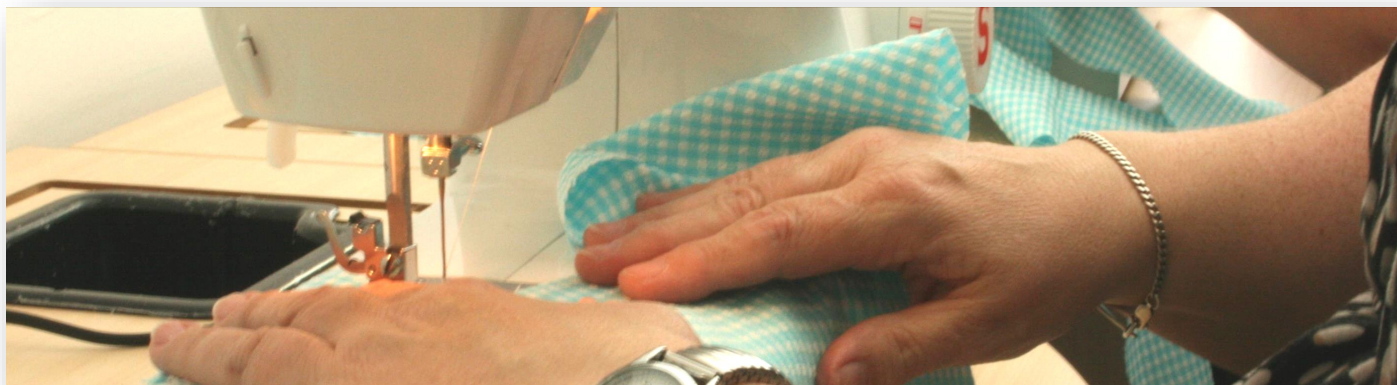
Let us celebrate the new spring season by gaining inspiration and materials from our walk to use in a gardening themed craft.

We will assemble lovely spring baskets using plants, stones and other items.



Creative Courses

MACHINE SEWING - 6 WEEK COURSE



FRIDAY 28TH JANUARY - 4TH MARCH

13:00 - 15:00

TUTOR: MORAG

Work on a range of fun projects as you develop your skills in Machine Sewing throughout this 6 week course. This course is suitable for both beginner and intermediate levels, so if you are looking to get started with a sewing machine, or would like to improve your skills, sign up and give it a try.

All materials and equipment is provided, though you are welcome to bring your own if you would prefer.

This class runs for 6 weeks, so please only sign up if you are able to attend for the full course.

WRITING FOR WELLBEING - 5 WEEK COURSE



THURSDAY 3RD FEBRUARY - THURSDAY 3RD MARCH (5 WEEKS)

15:30 - 17:30

TUTOR: SARAH

Over five weeks, we will explore various writing techniques as well as look at how writing can be used to promote positive wellbeing. We will think about the impact that writing can have on self expression and explore the work of various writers. This is a fun, relaxing group where there is no pressure to share your writing if you do not want to.

This project is funded by the NHSGGC Healthy Minds Network Mental Health Anti-Stigma Fund. As part of the project, we will explore the themes of stigma and discrimination.

COLLAGE: A COMMUNITY CRAFT PROJECT



Using collage, we plan to create a collective craft piece to show positive representations of mental health and wellbeing - challenging stigma and encouraging good conversations around the topic.

We will use art and crafts as a method of sharing stories in a positive, colourful and creative way - exploring the theme of **Who Am I?**

Each of us will work on our own little collage, which will then be assembled together to create one large craft piece. This will be put up on display at our community exhibition event on the 25th March.

This project is funded by the NHSGGC Healthy Minds Network Mental Health Anti-Stigma Fund.

HOW TO GET INVOLVED

There are two options - take part at home using one of our crafting packs, or join in with one of our free and fun community workshops.

WORKSHOP OPTIONS

Chat with others and gain inspiration by joining one of our free community workshops.

These two hour sessions are led by an art tutor and all materials are provided - as well as tea, coffee and refreshments. We have two date options to choose from:

Friday 11th March, 1pm - 3pm or Friday 18th March, 1pm - 3pm.

CRAFT AT HOME

Collect one of our craft at home packs so that you can take part in your own time. The pack will contain all the materials you need, as well as information on the project and instructions for how to take part.

Packs will be available to collect from Gallery 966 between the 7th and 14th March. Please contact us in advance to arrange a collection time.

To sign up to one of the community workshops, or to request a craft at home pack, please get in touch using the contact details on the back page.

Events

COMMUNITY EXHIBITION AT GALLERY 966



FRIDAY 25TH MARCH

13:00 - 15:00

This exhibition will celebrate the work completed by participants taking part in our crafting drop in sessions, outdoor arts group and writing workshops, as well as revealing the finished collaborative collage piece that will be made during our community craft project sessions (see Page 15 for more information).

We hope that the creative pieces will inspire members of our local community to start conversations around positive wellbeing, challenge stigma and promote the positive impact that creativity can have on sharing stories and addressing perceptions.

Free refreshments, including tea, coffee and a selection of cakes will be provided.

HOW TO GET INVOLVED

If you attend any of our creative sessions and would like to display your craft work at this event, please let us know.

ATTENDING THE EXHIBITION

You do not need to sign up in advance to attend this exhibition event - just drop in!

This exhibition is **open to all** - participants, family, friends and all in our local community.

We hope to see you there!

This project is funded by the NHSGGC Healthy Minds Network Mental Health Anti-Stigma Fund.



Creative

Steps

Full Timetable

THURSDAY	FRIDAY
20th January	21st January
10:00 - 12:00 COMMUNITY CRAFT SESSION Hand Sewing - Felt Hearts	
27th January	28th January
10:00 - 12:00 COMMUNITY CRAFT SESSION Hand Sewing - Doughnut Decoration	10:00 - 12:00 OUTDOOR ARTS The Tall Ship 13:00 - 15:00 MACHINE SEWING
3rd February	4th February
10:00 - 12:00 COMMUNITY CRAFT SESSION Slate Decorating 15:30 - 17:30 WRITING FOR WELLBEING	10:00 - 12:00 OUTDOOR ARTS Nature Wall Hanging 13:00 - 15:00 MACHINE SEWING
10th February	11th February
15:30 - 17:30 WRITING FOR WELLBEING	10:00 - 12:00 OUTDOOR ARTS Land Canvas Art Piece 13:00 - 15:00 MACHINE SEWING
17th February	18th February
10:00 - 12:00 COMMUNITY CRAFT SESSION Lighthouse Collage 15:30 - 17:30 WRITING FOR WELLBEING	10:00 - 12:00 OUTDOOR ARTS Plant Stencil Painting 13:00 - 15:00 MACHINE SEWING
24th February	25th February
10:00 - 12:00 COMMUNITY CRAFT SESSION Colourful Tape Canvas 15:30 - 17:30 WRITING FOR WELLBEING	10:00 - 12:00 OUTDOOR ARTS Bird Watching and Bird Feeder Making 13:00 - 15:00 MACHINE SEWING
3rd March	4th March
10:00 - 12:00 COMMUNITY CRAFT SESSION Fabric Printing 15:30 - 17:30 WRITING FOR WELLBEING	10:00 - 12:00 OUTDOOR ARTS Nature Craft with Clay 13:00 - 15:00 MACHINE SEWING
10th March	11th March
10:00 - 12:00 COMMUNITY CRAFT SESSION Charcoal Portraits	10:00 - 12:00 OUTDOOR ARTS Themed Photography Walk 13:00 - 15:00 COMMUNITY ART PROJECT
17th March	18th March
10:00 - 12:00 COMMUNITY CRAFT SESSION Ink Drawing	10:00 - 12:00 OUTDOOR ARTS Spring Baskets 13:00 - 15:00 COMMUNITY ART PROJECT
24th March	25th March
10:00 - 12:00 COMMUNITY CRAFT SESSION Relaxation: Candles and Soap Making	13:00 - 15:00 GALLERY 966 EXHIBITION





CREATIVE STEPS

Gallery 966, 966 Govan Road, Glasgow, G51 3AJ

creativesteps@plantation.org.uk

0141 387 2596 / 07525 195239

Have a look at our temporary blog for updates:

www.creativesteps.org.uk

